

ADDITIONAL INFORMATION:

The Behavioral Risk Factor Survey is a representative, statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for both nonresponse and sample design, and to adjust for the age-sex distribution of Wisconsin’s population. The survey was designed in cooperation with the U.S. Centers for Disease Control and Prevention. Survey sampling and interviewing were conducted by the Wisconsin Survey Research Laboratory, University of Wisconsin-Extension.

In 1996, 1,592 respondents were 18 to 54 years old, and 639 were 55 or older. There were 2,210 respondents in 1995 and 1,260 in 1990.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

Smokers are those who smoke currently and have smoked more than 100 cigarettes in their lifetime. **Overweight** is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI greater than 27.3 for females and 27.8 for males is considered overweight. (The 1996 estimates of those who eat less and/or exercise to lose or maintain weight cannot be compared with the 1994 Health Counts.) **Physical activity** estimates are derived from self-reported exercise type, duration, and frequency. Exercise was classified as **vigorous** if rhythmic contraction of large-muscle groups at 50% of functional capacity was performed three or more times per week and lasted at least 20 minutes on each occasion. **Regular** activity involved less than 50% of functional capacity. **Irregular** activity was that occurring for less than 20 minutes or fewer than three times per week. A respondent with no reported activity was classified as **physically inactive**. **Fruit and vegetable consumption** was calculated from answers to six questions about frequency of consumption of fruit juices, fruit, salad, potatoes, carrots, and other vegetables. **Health insurance** includes both private and public coverage.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFS, call Pamela Imm at 608-267-7264.

BEHAVIORAL RISK FACTORS

1996